



## SUMMER SQUASH, FRESH

Date: April 2009

Code: F151

### PRODUCT DESCRIPTION

- Fresh summer squash is U.S. No. 1 or better squash. Varieties may include yellow crookneck, yellow straightneck, patty pans, cocozelle, white scallop, and zucchini.

### PACK/YIELD

- Each bag contains 1 pound of squash. A pound of summer squash is about 2 medium-sized squash. 1 pound of summer squash is about 3 cups of raw slices, 1 ½ cups cooked squash, or 3 cups of raw, grated squash.

### STORAGE

- Summer squash may be stored in the refrigerator for up to 1 week.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- To prepare summer squash to cook or eat, wash well and cut off ends. Summer squash does not need to be peeled before it is eaten.
- To cook in a skillet: Heat 1 teaspoon oil for each cup of squash pieces. Cook in hot oil 4 to 5 minutes. Keep stirring and turning the pieces so they cook quickly but do not become soggy.
- To boil: Bring about an inch of water (or enough to cover the squash) to a boil. Add the squash and bring back to a boil. Cook, uncovered, 1 to 3 minutes, or until just soft.
- To microwave: Cut 2 squash into ¼ inch slices. Arrange in a microwave-safe baking dish. Add three tablespoons of water; cover. Cook on full power 4 to 7 minutes or until tender, stirring halfway through.

### USES AND TIPS

- Summer squash has a mild flavor; try cooking with dried herbs such as basil or rosemary, or spices like cinnamon or nutmeg to add flavor.
- Summer squash is delicious eaten raw or cooked.
- Grate summer squash with a cheese grater and use in breads, muffins, salads, coleslaw, or sauces.
- Sliced or chopped summer squash can be added to soups, casseroles, and stuffing.

### NUTRITION INFORMATION

- ½ cup of sliced or chopped summer squash counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of summer squash provides 15% of the daily recommended amount of vitamin C.

### FOOD SAFETY INFORMATION

- Keep squash that is going to be eaten raw away from raw meat, poultry, or seafood, and from the kitchen tools used with meat, poultry, or seafood.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (57g) sliced summer squash

#### Amount Per Serving

| Calories | 10 | Calories from Fat | 0 |
|----------|----|-------------------|---|
|----------|----|-------------------|---|

#### % Daily Value\*

|                              |           |
|------------------------------|-----------|
| <b>Total Fat</b> 0g          | <b>0%</b> |
| Saturated Fat 0g             | <b>0%</b> |
| Trans Fat 0g                 |           |
| <b>Cholesterol</b> 0mg       | <b>0%</b> |
| <b>Sodium</b> 0mg            | <b>0%</b> |
| <b>Total Carbohydrate</b> 2g | <b>1%</b> |
| Dietary Fiber 1g             | <b>2%</b> |
| Sugars 1g                    |           |
| <b>Protein</b> 1g            |           |

|           |    |           |     |
|-----------|----|-----------|-----|
| Vitamin A | 2% | Vitamin C | 15% |
| Calcium   | 0% | Iron      | 2%  |

\*Percent Daily Values are based on a 2,000 calorie diet.

**SUMMER CHILI****MAKES ABOUT 8 SERVINGS****Ingredients**

- ¾ pound lean ground beef (or ground turkey)
- 1 cup onion, chopped
- 1 cup carrots, diced
- 1 cup green bell pepper, chopped
- 2 garlic cloves, finely chopped (or ½ teaspoon garlic powder)
- 3½ cups fresh tomatoes, chopped
- 1 can (about 15 ounces) low-sodium kidney beans, drained
- 2 cups water
- 1½ tablespoons chili powder

- ½ teaspoon salt
- 2 cups summer squash, (yellow squash or zucchini), diced

**Directions**

1. Cook ground beef (or turkey) in a large pot over medium heat until no longer pink. Drain off fat.
2. Add onions, carrots, green peppers, and garlic. Cook over low heat until onion is softened, about 8 minutes.
3. Stir in tomatoes, beans, water, chili powder, and salt. Cook, uncovered, until chili comes to a simmer. Reduce heat and cook, uncovered, 20 minutes. Stir occasionally.
4. Add squash and simmer, uncovered, about 10 minutes longer.

| Nutritional Information for 1 serving (about 1 cup) of Summer Chili |     |                           |        |                  |         |
|---|-----|---------------------------|--------|------------------|---------|
| <b>Calories</b>   | 160 | <b>Cholesterol</b>        | 30 mg  | <b>Sugar</b>     | 5 g     |
| <b>Calories from Fat</b>  | 40  | <b>Sodium</b>             | 210 mg | <b>Protein</b>   | 13 g    |
| <b>Total Fat</b>  | 5 g | <b>Total Carbohydrate</b> | 17 g   | <b>Vitamin A</b> | 194 RAE |
| <b>Saturated Fat</b>  | 1 g | <b>Dietary Fiber</b>      | 5 g    | <b>Vitamin C</b> | 34 mg   |
|   |     |                           |        | <b>Calcium</b>   | 49 mg   |
|   |     |                           |        | <b>Iron</b>      | 2 mg    |

*Recipe adapted from Clemson Extension Home and Garden Center.***ZUCCHINI BREAD****MAKES ABOUT 1 LOAF (14 SLICES)****Ingredients**

- Nonstick cooking spray
- 1 egg
- 1 cup sugar
- ½ cup vegetable oil
- 1 cup flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ cup raisins
- 1 cup summer squash (yellow or zucchini), shredded

**Directions**

1. Preheat oven to 350 degrees F. Coat a bread loaf pan with nonstick cooking spray.
2. In a large bowl, mix eggs, sugar, and oil together.
3. Add flour, baking powder, baking soda, cinnamon, salt, vanilla, and raisins.
4. Stir in squash and mix well.
5. Pour batter into pan.
6. Bake for 40 minutes or until a toothpick or fork inserted into the center comes out clean.

| Nutritional Information for 1 serving of (about 1 slice) of Zucchini Bread |       |                           |        |                  |       |
|--|-------|---------------------------|--------|------------------|-------|
| <b>Calories</b>  | 170   | <b>Cholesterol</b>        | 15 mg  | <b>Sugar</b>     | 15 g  |
| <b>Calories from Fat</b>   | 70    | <b>Sodium</b>             | 180 mg | <b>Protein</b>   | 2 g   |
| <b>Total Fat</b>   | 8 g   | <b>Total Carbohydrate</b> | 22 g   | <b>Vitamin A</b> | 6 RAE |
| <b>Saturated Fat</b>   | 0.5 g | <b>Dietary Fiber</b>      | 0 g    | <b>Vitamin C</b> | 2 mg  |
|  |       |                           |        | <b>Calcium</b>   | 10 mg |
|  |       |                           |        | <b>Iron</b>      | 1 mg  |

*Recipe adapted from Recipezaar.com.*